



SHAPE Info

It's time to get into SHAPE!

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Staying Fit: The Ultimate Rightsizing

Army / Air Force Win

by: Jackie Reyenga & Steve Bushway

A typical Thursday afternoon changed quickly as the Army / Air Force and Navy / Marines invaded Ft. Christmas on 25 May 06 for the annual CMWRA picnic where another chapter in the rivalry between the Army and Navy manifested in the form of a *simple* game of softball. Simple meaning the rough playing field with no foul lines, a sandlot infield, and a cardboard home plate engineered by **Rick Copeland**. The competition, however, was anything but simple. There were power slugging, steadfast men and women competing to claim one more year of bragging rights as the best military service. The Navy was back for a repeat of the last softball game in which they dominated the Army. However, after the first inning it seemed the sailors just couldn't get settled.

The game started late but the Navy jumped out early in the game posting 4 runs in the top of the first. However, that would be the last time the sailors ever had control of the lead. The Army set the tone for the rest of the game when lead-off hitter, **Jeff Goodman**, deposited the ball into the pond in left center field. The Navy had plenty of opportunities and threatened in the later innings but they just couldn't seem to string their hits together. They did manage to scatter 13 hits (2 doubles) across seven innings and played fairly solid defense. Throughout the later innings, spectacular defensive plays from **Linda Comfort** (a.k.a. "The Glove") and clutch hitting from **Bill Monroe** and **Jason Graham** marked the Army's dominance for the rest of the game.



25 May 06 Army / Air Force Winning Co-ed Softball Challenge Team:
Front Row (Left to Right): Steve Bushway, Gloria Bailey, Jackie Reyenga, Linda Comfort, Ginger Rosacia, Rita Simons; Top Row (L-R): Bill Monroe, Jason Graham, Rick Copeland, Ed Stead, Jeff Goodman, Sam Montione



25 May 06 Navy / Marines Co-ed Softball Challenge Team: Front Row (Left to Right): Jennifer Warren, Louise Williams, Patti McNeese, Teri Greenwood, Rick Neff; Top Row (L-R): Jason Lawrence, George Garcia, Rick Aman, Mike Fountaine, Cammeron Mayhew. Not pictured, but also played were: Susan Hanners Stead and Master Chief Greg Sullivan



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We may never know whether it was the beach-like conditions of the infield, the unforgiving heat, or the smell of smoky BBQ billowing out of deep foul territory that contributed to the Navy's loss?. However, one thing was certain, the Army started with strong hitting and finished with solid defense to easily beat the Navy 12 to 7. By the end of the day, there was great camaraderie with good food shared by all. Another great picnic; another great softball game. GO ARMY / AIR FORCE!

Motivational Fitness Fair

On **16 Aug 06**, SHAPE / Navy Wellness will sponsor our Fall Motivational Fitness Fair. Our Fair will be **0900-1200**, in deFlorez 1041.. This event is open to all Center employees (including contractors). The intent of this event is to motivate all employees to get continue their regular exercise routine. There will be info on SHAPE discounts at local facilities. There will be free snacks courtesy of CMWRA and SHAPE.

Blood Tests (such as **Cholesterol and PSA**) will be available for a fee from **0800-1000 (same location as Fair)**:

Events
(subject to change):

EKG Tests	Lane College
Massage Therapy	License Therapist
Nutrition Info	FDA
Cardio Health Info	Orange County
Fitness Info	YMCA
Local Park Info	Orange County
Scuba Info	Scuba World



"You're Out!" During the 25 May 06 SHAPE Co-ed Softball Challenge Gloria Bailey flashes some leather to tag out the Runner.

CPR / AED Training

Cardiopulmonary Resuscitation (CPR) / Automated External Defibrillator (AED) will be offered on 13 Jul 06, 0830-1130, in deFlorez Annex Room 2057. Learning CPR is easy. You could help save the life of someone.

PEO STRI employees sign up for course through Total Employee Development (TED): Select "Education and Training," then search for "CPR". All other employees would need to send an email to shape@peostri.army.mil with your name, phone number and organization to request to attend.

This course prepares the lay rescuers to perform the essential CPR skills and AED usage. The course has a scenario-based practice session, integrated skills evaluation and case-based evaluation to reinforce the essential knowledge needed to properly complete CPR and use an AED

Team Orlando Blood Drive

19 Jul 06 0715-1315

Lunch / Learn Seminars:

Advance Fitness Workshop

12 Jul 06, 1200-1230

Multi-Purpose Room

Nutrition & Stress Reduction

13 Jul 06, 1200-1230

Multi-Purpose Room

Stress Management

9 Aug 06 1200-1230

Multi-Purpose Room

Animal Safety

30 Aug 06 1200-1230

Multi-Purpose Room

SHAPE Ideas contact:

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense